

JOURNAL.28

winter solstice 28

sunrise @ 06:55

- lab -

present

121221@0701

121221@2144

- + all mammals have language
- + all mammals are under the spell of their language machines
- + humans are in a process of breaking free from the trance of language

- + humans are different from other mammals not because we have language, but because we have shared language
- + that allows use to form communities and culture and science
- + now, those communities are meeting and coalescing into a global species

- ~ how can we speed it up

- ~ how can you know if you're awake
- ~ how can you know if another is awake

a question to students

- ~ are you strong enough to stare into the abyss of your unknowing
- + that's your starting point
- + that's your motivation to learn

- + the map is not the territory
- + what you think you are is not what you are
- + what you think something is is not what it is
- + what it is... is unspeakable... is not language
- + the map is not the territory

121222@2257

- + if you think you know what reality really is, you're deluded
- + at best, you've got a good way of thinking about something... certainly not THE WAY IT REALLY IS

121226@2205

- + the old world was about the spread of genes
- + the new one is about the spread of memes
- + in a mammal, the flow of blood is essential for its very existence
- + in r7, the flow of information, the web is essential for Earth to function as a conscious individual

121227@2058

chalyrutana arkomdhon
9802 bloomfield ave. #18
cypress ca 90630

- + a large part of the world's people live in desperation... poverty, war, etc.
- + that must change before we can have a truly peaceful and planetary civilization

121230@1908

- + first comes experience

- + then come stories about experience
- + then... we experience stories of experience
- + that's when it starts to get complicated
- + this is simple
- + but we must give up the idea of absolute knowledge
- + we must accept that we live in a mystery and that none of us really knows what reality really is
- + all we have are stories... some more useful/generative than others

130101@2143

- + it's not so much if your theory/story is *true*
- ~ does this way of thinking make your life better

130103@2348

- ~ how does a mosquito find its way home
- MOS - Mosquito Operating System
- the beginning of language... mapping one's environment

~ is it really so simple

- + we have experience and stories about experience... and that's all
- + that sounds simple
- + it gets complicated because stories are *experienced*
- + a story can change experience

- + but the main point is simple
- + complications arise when you begin to explore it as a scientist
- + but that isn't necessary for everyone
- + just getting that all your *knowledge* is no more (or less) than a story is a game-changer
- + it ends fundamentalism claim to *Truth*
- + they may still claim it, but no well-programmed person will accept it

- + the feeling of certainty is only that... a *feeling* of certainty
- + what will happen remains to be seen

130105@2104

~ do i market heron stone or gendo

- + one of the fundamental categories of *work* is internet maintenance and upgrade

heron's general theory of everything

experience & stories
that's all folks

130106@1958

~ what principle/issue/person/idea/etc. could be so important that killing would be justified

130110@2150

The California Language Institute cli.sch

i'm it interested in business

but i am interested in participating in the emergence of the first
planetary, hi-tech civilization... Earth

an end of nation-states

an end of economics

an end of religion (as we have known it) religion without belief

336.1

130111@2039

to be a member of an english-speaking community

~ in an evermore quickly transforming planet, how can i learn to think more clearly, make better decisions and take more effective action/inaction

out from under the spell of language

336.2

130112@2219

~ in a reasonable world, is there a need for government
+ software schedules work
+ emergency services

336.3

130113@2111

+ we are Earth

336.4

130114@1945

i'm preparing my lunar calendar thru 2016

i'd like to add information about the five naked-eye planets

for the inner planets i'm looking for dates of:

- reappearance in the evening
- greatest elongation
- disappearance in the evening
- reappearance in the morning
- greatest elongation

- disappearance in the morning

for the outer planets i'm looking for dates of:

- first appearance in the morning
- opposition
- disappearance in the evening

336.7

130117@2011

general principle

no need to respond immediately

waiting two seconds can change everything

- + we're all on autopilot much of the time
- + an important issue is whether you have a self-programmed, efficient autopilot, or just the one you get loaded as a child

336.8

130118@2105

- + i don't propose to tell you THE TRUTH
- + i will suggest, however, that anyone trying to sell you THE TRUTH is a liar or a fool... perhaps both
- + no map IS the territory
- + all we have are our stories
- + it's as easy as changing your story
- + it's as difficult as changing your story
- + if you've been telling a story for 20 years, it's not easy to change it
- + but it is doable with persistence, reprogramming tools, and a supportive environment of other self-reprogrammers
- + you are already programmed

- + the only questions where did your programming originate and who does it serve
- + you can become responsible for your own programming
- + we've always assumed that *reality* was out there and we could more-or-less know how *it* really is
- + we've become more sophisticated now
- + we understand that what we mean by the word *reality* is more of a collaboration
- ~ what's so terrible about not knowing what *reality* is

336.9

130119@2214

- + it seems that all we have is our stories and other people's willingness to accept our stories

breaking identification with the language machine

~ will we continue to be accepting of people's dysfunctional stories

developing new stories

336.12

130122@2340

SCORE

- + it's about my relationship to govt
- several different type of projects
- ? heron stone & associates
- ? business license
- ? type of business

a multi-year process

starting small

lunar calendar

keyboard rearrangement utility

california language institute

california accent

+ i want to start meeting people in order to find the team

+ tell me a few things that i HAVE TO DO

+ i want to minimize my involvement with the business/government side of this enterprise

+ that's why it's imperative to find someone i like and trust and who is competent.

336.14

130124@2321

hunting & gathering

agriculture

factory

information

336.16

130126@2007

+ if you want to play varsity Earth, you must try out for the team

+ to be a citizen of Earth, you must pass the exam

+ if they're coming from *outside*, they must be de-loused epistemologically

336.17

130127@2050

~ what is it that people want

- security at a satisfactory level of comfort

- food/fuel, water

- housing, clothing

- global transportation
- global information (server & mobile)
-

336.18

130128@2105

- + the truth is... you don't know what "reality" really is
- + but everyone pretends to know
- + they believe in god, or jesus, or amway, or love or science...
- ~ why are they afraid to just say, "i don't know"
- ~ where did they learn that attitude
- ~ how is it that we've come to believe that not knowing is bad, embarrassing, etc.
- + children brought up in that environment are fooled, programmed to buy into that idea
- + it's totally crazy
- + it's ok not to know
- + actually, it's mandatory
- ~ what do you mean by "know"
- + the dictionary definition does really matter
- + what you think matters
- + it's the only thing that matters
- > give up all your dogmatic beliefs
- + you're closer to bob without them

336.21

130131@1913

tapping

chop

**even tho i weigh more than i aspire to, i deeply and
completely accept myself**

4 times

eyebrow

this weight issue

outside eye

under eye

under nose

under lip

high chest

bra line

top of head

end of round one

take a deep breath

gendo

~ what do people want

- tv

- car

- house

- sex

- money

~ really

what about

- a decent place to live

- clothing

- food

- transportation anywhere on Earth

- information (iMac, iPad, iPhone)

- and **time** to explore being a conscious human

- the end of *working to survive*

336.23
130202@2025

binh

- + i'm not interested in a debate... a conversation will do
- + i'd prefer to look for common ground
- + i don't accept the assumption of *human nature* that underlies rand
- + she has a really constipated concept of *self*
- + your game is too small for me
- + i want to participate in creating a new civilization, a new planet
- ~ why do you think it's important that i know that "self-sacrifice is evil"
- + rand's epistemology (existence, identity, consciousness) is a good way of thinking about some stuff... some times
- + it's a map and has particular applications for which it is well-suited
- + but it's not THE WAY IT IS
- + it's not THE TRUTH
- + it's just a pretty good way to think about some things some times
- + that's the best we can ever do

on another subject

- + heron was fortunate in not coming under the influence of tv until he was about 7 or 8
- + he spent those formative years in "the ditch" hunting frogs and insects

336.26

130205@2159

- ~ is it possible to change my driving behavior
- + i can stay in the slow lane keeping at least 3-4 car-lengths behind the car in front of me... inviting others to cut in
- ~ do i want to change
- ~ as an experiment in what can be changed
- + i have changed my feeding behavior

336.27

130206@2105

instantly insd-Nly
in stanley insdanly

336.28

130207@2054

337.1

130209@1254

337.2

130210@2103

- + there is power in coordinated actions

337.6

130214@2155

MOS - monkey operating system

- + much of what we think WE are doing... is actually happening TO US
 - the language machine
 - what we look at
 - etc.

337.11

130219@0007

Internet EarthLing

based on california english

@2251

~ is it possible for heron to eliminate counterproductive behavior
+ an alternative is to sit quietly, doing nothing

337.16

130224@2051

~ who wakes up from the trance of language

337.18

130226@2034

+ when i say that 98% of people are language robots, i don't mean to
imply that their suffering is not real
+ suffering is real
+ and it is created and maintained by a robotic functioning of language
machines that are badly out of sync

+ universe is more weird than you or i can imagine

337.25

130305@2251

+ it seems so simple to me

+ the problem with the world is not the governments or the politicians
or corporate capitalism or religion or... whatever

+ the problem is us

+ the problem is you

+ you are a brain-damaged language monkey

+ you think that you actually know what reality really is

+ you don't

+ nobody knows

+ anyone who claims to know is a liar or a fool... probably both

+ you have been hijacked by your own language machine

+ it's time to wake up from the trance

+ if you're not actively engaged in reprogramming your language
machine, then you are holding us all back

+ actually, the voice in your head is happening to you

+ it's been going on since the beginning

+ it's called MOS (Monkey (Mammal/Mosquito) Operating System)

+ one of the things we will work on in the gendo training is how to make
the training more effective and faster

+it'll be a class project

+

337.26

130306@2152

a solution for the "gay marriage" issue

> get government out of marriage altogether

> get government out of personal relationships (erotic or platonic)

- +it's none of their business
- +if you want to promise to love and live with someone for the rest of your life... fine... do it
- > go to a church
- > make up your own ceremony
- > invite your friends
- > don't involve government
- > change the tax code to deal solely with individual citizens
- + family/comrade relationships

338.4

130314@2237

DOÑB-LYVEVRYØYN YUHIRI-RLANGU-ÐJM-ŽYNSEY
BIMG-RŲYZYL-ŽEN UYHOLI-LRYMBU-ĠZN-FUMØVY

338.11

130321@2131

book title

thinking... for the fun of it

- a general misapprehension of language
- + language is thought to be primarily a tool for communication
- + there are other ways of parsing the experience
- + communication is a recent addition to language
- + the basic system is the m.o.s. (monkey operating system)
- + or the mammal operating system
- + or the mosquito operating system
- + language is the internal mapping of the organisms experience
- ~ how does a bug find its way home

- + it has an internal representation of its external world
- + each organism develops its own map unique to itself but shaped the shared environment
- + only recently did we begin using our mouth noises to integrate our maps

jry79fzursv96yu8

338.13

130323@2313

- + the trick is in realizing that "you" doesn't exist
- ~ who is it that makes this realization

338.18

130328@2210

hi-res fingernail decal art for rich women

338.19

130329@2203

- + a language is a way of interpreting experience

338.21

130331@2309

why i do stone ape

to improve my ability to talk effectively about things that are important
to me

to press my agendas

to learn

as an experiment in inter-species communication

338.22

130401@2051

~ who/what is it that realizes that the voice in the head (vith) is not i

+ what i want is a planet full of bodhisattvas

+ complete enlightenment is like zero an undefined operation

+ what i'm working on is creating a better way to talk about
"spirituality", "enlightenment", etc.

338.27

130406@2355

facing THE moment of no return

you must take action

the outcome will be the fulfillment of your life OR a painful slow death

and disgrace in the eyes of the world

in many ways, a leap into the unknown

approaching the cliff

i've been preparing for this moment for decades

if i jump, i will fly... or die on the rocks below

if i don't jump, i will feel as though i have wasted my life

being overwhelmed by the importance of a decision can be a
distraction... leading you to take your eye off the ball

when time is ripe, when the resolution is occurring, a challenge is to pay attention to what is going on with a minimum of unconscious assumptions and distractions

naked... without philosophy or religion

awake

a death

giving up a known, comfortable past

for an unknown, barely imagined future

338.30

130409@2122

- + in some tribal societies, men live in a manhouse and women live in a womanhouse
- + they have even developed mutually indistinguishable languages/dialects in addition to a common dialect
- > imagine how that would shape your thinking
- + the social/political/etc. consequences of that arrangement are profound
- + now some of us are choosing to live independently
- + we are developing a community of people who live independently
- ~ how far can we go

339.1

130410@2144

when enlightenment is normal... boring

- + it gets you into a new game
- + it *solves* all your old problems by dissolving them

- + but that doesn't mean you are problem-free for ever
- + new problems arise... more interesting problems
- + realizing that the voice in your head is not "you" is just a beginning...
it gets "you" into the arena where the deep, tactical game of creation is being played
- + how you respond to that situation/opportunity is your choice
- + waking up is a beginning of a new world as well as an end of an old one
- + when a person sees more opportunities in a new world than in an old one,

willingness to think in radically new ways

- + one of the major draft functions is recycling
- + in a reasonable, sustainable world, everything is recycled
- + if we organize ourselves intelligently, that function should be simple and minimally time-consuming
- ~ how do we manage shit, piss and runoff water, plastics, organic matter
- + the natural unit of civilization is a city-state
- + it's not a sprawling film over the land
- + it's a densely populated, sharply defined human habitat with the natural biosphere immediately out side

339.2

130411@2317

The story of Earth

~ to have a unified Earth, must we all share THE same story

- + yes, so long as we remember not to believe that it is the only possible story
- + The story will evolve/develop/change

339.3

130412@2129

- + another major draft function will be early childhood education
- + the entire civilization depends upon having properly prepared citizens

"how do i choose to think about myself" is a more useful question than,
"who am i"

339.5

130414@2151

- + in the late 1920s, we became aware that the universe *outside* our mind was unimaginably vaster than we had previously imagined
- + it change our perspective on our lives for ever
- + now... we are becoming aware that the universe *inside* our minds is also unimaginably vaster than we had previously imagined
- + we are not the selves we have been programmed to identify with

a butterfly isn't better than a caterpillar.

the people maintaining and enforcing the old system are not evil.

it's not a matter of morality.

it's a matter of timeliness.

the caterpillar was perfect... until it was time to become a butterfly.

it's a process that occurs in time.

that's what we are living thru right now.

the caterpillar must continue to function while we create the butterfly

339.6

130415@2224

339.8

130417@2053

English as a language leaves a deal to be desired.

Although its range of wordage is so often much admired.

If “indistinct” means “not distinct”, and “dis” means a negation,

Then “indistinct” should equal “tinct”, but “tinct” means impregnation.

And why say “indispensable” when “pensable” will do?

Should it be indisputable that “putable”’s tabu?

And I must say I much prefer a simple “creet” or “gested”

To “undigested”, “indiscreet”, and others not yet tested.

The English grammar is a source of endless fascination.

The object versus subject forms could stand some ventilation.

Let “us” be known as object, and “we” the subject be.

Then “genius” when subject, is surely “geniwe”,

And “nuclewe”, and “octopwe”, and “omnibwe” as well -

As subject, they’re “ubiquitwe” (a word that’s hard to spell).

One sings a hymn (that’s object), but if a “he” is sung,

It may be careful grammar, but it flaunts the mother tongue.

For all its flaws, toward English I remain a staunch defender.

Thank God its common nouns are learned without including gender.

In France, they think that milk is male; I find this rather comic.

The Germans neuterize their girls, a puzzle anatomic.

In Spain, an interruption is a female kind of word,

Yet interlude is masculine; don’t ask how that occurred.

So though our English language could be helped by overhaul,

I use it without question, and love it, warts and all.

- Bob Feinstein

human solidarity is an evolutionary emergent to be discovered,
experienced, taught
- unknown

339.9
130418@2116

fundamental distinctions for infant bobblings
stuff that constantly moves/shape-shifts and stuff that doesn't
recurring sonic environments

339.12
130421@2051

importance of silence
experience without an accompanying narrative

solitary confinement is where you meet and deal with your demons
many/most mystics live solitary lives, spending a lot of time alone and
in silence

that seems to terrify many people
this may be a fundamental difference between people

some of us thrive in that way and others find it painful

beware your righteous indignation
it will come back to bite you from an unexpected direction

include an appeal for monks in the book

339.13
130422@2047

339.14

130423@1949

- + most stories are pretty much the same on a structural level
- + they're all about "i"
- + i was born in 1995
- + i did this
- + i did that

- + a problem is that there is no such "thing" as an i
- + what you call a human being is an embedded subsystem of the entire cosmos... inseparable from the great light
- ~ how can we bring bob into the story

339.15

130424@2058

- ~ what a problem with saying, "that's good" instead of, " i like it"
- + one problem is that it reinforces an attitude of projecting our values onto a hypothetical world *out there*

- + Earthlings are united by a bond below/prior to language
- > bob here acknowledges bob there

339.21

130430@2022

- ~ descartes asked "what can i be absolutely certain of"
- + he answered, "i think... therefore i am"
- + but that is not very helpful
- + what i want to know is the nature of this so-called gy
- + science is just now beginning to make some headway into the subject of consciousness
- + i expect to see a technology of consciousness emerge over the next 30-50 years... similar to how electricity developed between 1800 and today... but at a far quicker pace

- + we don't just SEE what's there
- + we see what we've been taught to see/construct
- + we've learned how to chunk our sense data

- + it seems there is *stuff* occurring
- + there is experience
- + in addition to experience, there is an ongoing narrative

- + that is all i have... experience and stories

- + the idea of "objective/outside reality" is a story we use to explain our experience
- + it's not a bad story
- + it's only a problem when it is mistaken for THE WAY IT REALLY IS instead of one way of thinking about it
- + a fundamental aspect of our brain damage is thinking that we know what reality really is
- + nobody "knows"
- + anyone who claims to know is a liar or a fool

taking inventory

experience

- vision
- hearing
- smell
- taste
- touch
- temperature
- pain
- proprioception
- balance

stories

- theories
- narratives
- axioms

+ some people find this way of thinking about things helpful in dealing with a world in exponential transition

~ what is an acceptable level of nonsense when you're trying to understand what's going on

339.22
130501@2153

339.23
130502@2258

339.25
130504@2239

thinking about a book

- + i can approach producing a book in a similar manner to how i built the keyboard
- + i will oversee the project

contributors

- andrew
- tom vine
- mats
- steve from hungary
- chibi

- > develop a gendo ipad app... journal, etc.
- > produce an expensive coffee table edition

339.26
130505@2305

339.29
130508@2123

vince

we should publish that letter and respond to it by thanking him/her for
taking the time to write

apologize and invite them to keep an eye on us

invite them to become our proofreader

this is an important person... a real reader

340.1
130509@2256

start developing the English Listening Skills site

signing up

theory

learning the matrix

beginning training

etc

testing out

hear the difference between

he can't come

and

he CAN come

and

he can come

340.3 **130511@2031**

listening skills - ear training

- + this is not a complete course in english
- + think of this as complimentary material to be used in conjunction with whatever course material you are study
- + the only thing you will learn here is how to hear english accurately
- + people's ability to hear varies wildly
- + our estimate is that you should complete gendo in 100 to 1000 hours
- + at the end, you will be confident in your ability to hear english accurately

340.4 **130512@2112**

you tube script

gendo logo

- + the voice in your head is not something YOU are doing
- + it's something happening to you
- + it's your language machine
- + humans have been under the spell (entranced) by their language machines from the beginning
- + a transformation of Earth, an emergence of the first global civilization are not unrelated to humans waking up from the trance
- + it's really quite clever and useful at times... if its been well programmed
- + we are all brain-damaged language monkeys
- + our only real hope for a brighter future is that we (a critical mass of us) wake up from the trance of language
- + actually, the voice in your head right now is me
- + but most of the time it's your own language machine

+ unfortunately, most of us have not be raised in a world

description

+ one way to begin a process of reprogramming your language machine
would be to listen this message ten times a day for one moon

disclaimer

+ now... realizing this can be disorienting and more than a little scary
for some people

+ but, after the initial shock, you'll find that it's not difficult to deal with
this new perspective

> if you want to talk with me about it... ts3 me

+ a language machine can be a great asset if well-programmed

+ if badly programmed, it can lead to unproductive worry and
negativity

+ it's really amazing that the world works as well as it does

+ this doesn't require sitting in a lotus posture for twenty years in a cave
in sri lanka

+ it only requires that you pat attention to what is going on

> listen to the voice

> admit that you don't know where it comes from

+ it just appears

+ language happens

340.5

130513@2109

340.7

130515@2038

teaching children gendo
about the language machine

- > teach them that, although the language machine is not who/what they are, they are still responsible for the stuff it says (seyz)
- + so it behooves them to pay attention to their language machine

340.8

130516@1945

- + descartes aspired to an absolutely certain staring point for his philosophy
- + he ended up with, "i think. therefore i am."
- nice... but not really very helpful
- ~ the nature of this "i" still needs to be addressed
- + i, too, look for a solid foundation on which to build my understanding of life
- + lately i've been thinking that it can be greatly simplified
- + there is experience
- + there are stories about experience
- + that's all
- + there is no such thing as THE WAY IT IS
- + there are only stories... some more productive than others... more life-affirming
- + "i" is part of a narrative
- + ANYTHING "i" does in a pursuit of enlightenment becomes the very obstacle to its spontaneous emergence
- + "i" can't obtain enlightenment
- + "i" can only remove obstacles to its spontaneous emergence

for it is known that language does not so much reflect reality as create it
- paul watzlawick

we don't respond to reality

we declare it

2132

city-states

a global confederation of city-states

340.10

130518@1957

book title

paradise now

The Problem With The World... and how to fix it in two generation

prelude

i accept the general world outlook of science as the best mappings i'm

aware of for understanding what's going on here

i strongly suggest that you read this at least two times

there are many scientists who inspire and encourage me

there are others... not so much

the issue of so-called *human nature*

the problem is us

punctuated equilibrium

- moths in england eg

time for a new species

language machine

the plague of belief

adam's error - a productive fiction... for a while

waking from the trance

a family of humans

acknowledging mystery

epistemology

4 stupidities of english

EarthLing

teach children (100 cities)

radical agnosticism

what we have: experience and stories

it gets complicated quickly because we then take in stories as experience
so the boundary between experience and story becomes confused
most of what we mean by the word "reality" is a narrative
mistaking a way of thinking about something for THE WAY IT IS
atheism is as dumb as christianity, islam, judaism, etc.
WE DON'T KNOW WHAT REALITY REALLY IS

the monastery

although it's not impossible for old dogs to learn new tricks, the
statistics say it's not a good bet
our future rests with the next couple generations of Earth's children
some of the adults will wake up
maybe a lot more as the old ways continue to disintegrate and people
become more concerned about it

we and our computers have come out of Earth... as apples come out of
apple trees
Earth peoples

what can you do about it
declare your intention to participate
begin by waking up and reprogramming your language machine
(gendo)

disclaimer
reprogramming your language machine is a significant undertaking
it has repercussions that are not predictable
if you are feeling fragile, this might not be appropriate for you

340.11
130519@2213

340.12
130520@2321

340.13
130521@2151

340.14
130522@2237

- > get rid of your tv
- ~ why do you need to know current events
- ~ what are you gonna do about any of it

enlightenment is a beginning...

- + waking from the trance requires no preparation
- + it can come at any moment... especially when you are primed for it
- > notice the subtle preliminary experiences
- > become aware of the really dumb stuff your language machine says
- > find your language machine silent

- + if the speed of light is really the limit, then we have no future in outer space, interstellar space... star trek stuff
- + then our future is inner space... the matrix

340.15
130523@2154

gendo journal/field notes
stored on line available to other researchers
ts3 weekly colloquium/conference/confluence/discussion/forum/
gathering/

forums

the future of Earth and city-states (soleri)

+ each city will develop its own style/culture/laws/

- laws for residents

- laws for visitors

+ when visiting a non-resident city, check in with the visitors bureau

+ there's something big happening

+ Earth is becoming conscious

global council

~ how many cities... 100... 200...

+ each city must be self sustainable with exceptions for certain

important globally scarce resources... gallium, molybdenum, etc.

340.16

130524@1855

+ it's not that i'm all that intelligent

+ it's more that i'm not all that stupid anymore

or

+ it's not that i'm so smart

+ it's that i'm so not stupid

rationality and women

men accuse women of not being logical

so what

logic is a wonderful tool, absolutely essential in some situations...
absolutely irrelevant in others
my criticism of men is that they are merely logical
that's all they can or aspire to do

my history has led me to realize that women, generally, have a wider
range of experiences than men
of course this is a statistical proposition, and every individual must be
seen as unique

- ~ what does every citizen need to know
- read
 - write
 - how to ask effective questions
 - how to find information
 - how to disseminate information
 - time/life management skills
 - set goals
 - how to fuel its body
 - master at least four of the six basic skills
 - maintaining the physical structure of civilization
 - energy
 -

340.17
130525@1912

a new art form... facial contortions ala charlie manson
+ actually, he had a quite limited range of expressions

340.18
130526@2223

+ gendo is not for people seeking enlightenment

- + gendo is for those are already awake and want to reprogram their language machines for a purpose of becoming more effective agents of evolution
- + i am here to create a new Earth
- + i don't know how to do that
- + but, working together, we can begin to figure out how
- + we will apply a scientific method

a 30-50-year project

developing a technology of language/consciousness

raising less brain-damaged children is the most important task we face

- + we've already got enough technology to create paradise now
- + we lack the consciousness
- + humans are entranced by their language machines
- + in gendo, we define *enlightenment* as waking from the trance of language

- + and just because i am awake and un hypnotized by my own language machine, doesn't mean that there aren't times when i'm an idiot
 - get sucked into my story
 - mistake my story of my experience for experience itself
- + what counts is that i don't stay there long
- + i want to develop a test for enlightenment

a plan for individual client consulting

start by recording their story

how do you want to change your story

340.19

130527@2241

- + all analysis begins HERE and NOW
- + everything else is talk

- + here and now you are thinking about past events or future events
- + there's no way, nor any reason, to think about now

340.20
130528@2106

disengaging the language machine

- + once you have disengaged the language machine, you have several new options
 - carry on as usual, however, knowing that the voice is just your language machine
 - start studying the language machine and reprogramming it in order to maximize its utility

340.21
130529@2036
340.22
130530@2000

- + when i sit quietly observing but not engaging my language machine, it seems to lose energy
- + it begins to *spin down*
- + as it quiets, i become aware of other complex processes that seem deeply significant... but i have no words to talk about these phenomena
- + they evaporate when language returns and i'm left with a memory of something i can't articulate

tenzin gyatso
tenzin k9T8o

Lhamo Thondup

l9mo 7ondop

340.23

130531@1855

begin rant

a fundamental epistemological error of humanity

mistaking a way of thinking about experience for THE WAY IT REALLY
IS

- + most human suffering results ultimately from this fundamental epistemological error
- + it won't take eons of physical evolution to remedy the problem
- + cultural/linguistic evolution operates orders of magnitude faster
- + it's difficult and time-consuming to reprogram an already brain-damaged language monkey
- + but it would be relatively easy to train every child in Earth to understand the limits of language and its relationship to experience
- + we have experience
- + we have stories about experience
- + we have stories about stories we have experienced
- + it can get complicated
- + but we DO NOT have absolute knowledge of any so-called external reality
- + nobody knows what "reality" really is
- + anyone who claims to know is a liar or a fool... maybe both
- + an objective is obvious
- + raise the next two generations of children to be less brain-damaged than we are

+ a planetful of awake people will create paradise here in Earth
end rant

shame and pride nathanson

340.27
130604@2156

- . stories are an inescapable fact of our existence
- . they are a force shaping our experience... our ideas of who/what we are... the kind of world we live in
- . the language in which stories live deeply affects the kinds of stories that can be told... the feelings of those stories... the depth of those stories
- ? does this have anything to do with our real lives together or is it just a bunch of abstract, metaphysical posturing
- ? if it is really significant, should we be concerned about developing better stories than the ones we've got so far
- ? how can we do that

~ what are some options in dealing with this situation

> go on as in the past and hope for the best
>

+ language is not the final word
+ the one who studies language is at a higher "level" than what is being studied

+ my job is to teach a story

+ the course is a year

+ there will be tests

money-back guarantee IF you pass all the tests

+ what you do with this knowledge is not a concern of gendo

the architecture analogy

gendo doesn't teach how it is
gendo teaches a way of thinking about things

gendo is a study of humans in Earth

the big picture/story

punctuated equilibrium
time-binding

we are timebinders because we can get ideas out of our heads and into other heads
we learn and accumulate knowledge
other animals learn

but their learnings die with their bodies

our learning accumulates now

that's why i'm writing this on my ipad instead of a clay tablet

Facebook question

possible to restrict who can post in timeline

. eaglet pecking at its own foot

. it hurts, but it hasn't figured out that the foot is itself

. it continues to create pain until it recognizes the connection between
its behavior and the pain

. that's not unlike humans

? how much suffering has pathological languaging created

340.28

130605@2126

. in gendo, monks investigate language in order to transcend it

. the 5 stupidities of english are important to be aware of

. but they are, in some measure, a means to an end

. more important is breaking identification with the language machine...
the voice in your head

. the one who studies language is a new entity... a new self not bound by
limitations imposed by language

- . it appears to me that most people don't wake up until their mid-thirties
- . by that time, many are married with responsibilities, etc.
- . if you're smart, you won't limit your options unnecessarily unless you're certain that family life is what you really want
- . the truth or falsehood of a political/psychological/theory
- . the consequences of acting on a theory are equally important

consulting in applied epistemology

change your story

341.8
130615@2325

? what is the nature of reality

? do you think that is an important question

? if you do, is it important enough to define all your terms

+ since the beginning of life, it has been all about survival and reproduction

+ now, for the first time, we are in a position to transcend mere survival and start living for art and science and fun without fear

341.9

130616@2001

2218

hearing esl course called *The Art of Hearing*

kikudo

- + we all absorb the episteme/zeitgeist of our place and time of birth
- + we mistake our story for THE WAY IT IS
- + i believe that is the greatest obstacle to creating paradise in Earth

recreational epistemology
applied epistemology
clinical epistemology

341.11
130618@2108

341.12
130619@2239
squeeze box
straight jacket
immobilization
bondage

ray kurzweil
+ in *how to create a mind*, you say, the procedure we use is to try to
 remind ourselves of triggers that unlock the memory
+ that's not my experience

if an answer isn't immediately available, my jaw goes slack, my
language machine crashes, it reboots and starts up with all sorts of
stuff
but it does feel like a *procedure* that an "i" is carrying out

341.13
130620@2328

341.14
130621@2322

kiku do listen
mimi do ear

hearing skills training

call it

California Accent

341.15
130622@2010

+ a student's questions, objections, etc. are what guides a learning
process

***GOVERNMENT OUT
OF PERSONAL RELATIONSHIPS***

- + "gay" marriage has been a controversial topics for years now
- + there is a simple resolution to the matter
- ~ why is government involved in personal relationship at all
- ~ why is gov sanctioning my relationships
- + it's none of their business
- + gov can treat everyone as individuals
- + everyone has their rights and obligations to society
- + who they live with, in whatever conditions they choose should be of no concern to a gov
- + if people choose to get married in a church with all the ceremony, that's their business
- + but don't ask the rest of us to enforce your relationship
- > eliminate *marriage* as a term of consideration for all gov proceedings
- > treat everyone as an individual

end of controversy

341.16
130623@2230

341.19
130626@2255

- + if you're going into a wilderness, consider hiring a guide... someone who has been into this wilderness before, is familiar with the territory
- ...into a land where you have no language

341.20

130627@2035

beyond boredom

path of a monk

my path has allowed much silence
living alone makes that easy

many people have no time alone in silence... maybe a few minutes
before sleeping

monasteries facilitate silence

it's partly about being alone... by yourself... no other directed input
animals are acceptable companions

some spiritual/epistemological explorations can only be undertaken
alone

expedition exploration wandering

the you you think you are doesn't exist

341.22

130629@2132

architecture analogy

architects design physical structures
thinkers design ideas

an architect must concern himself with learning the nature of the
materials he works with... tensile strength of various steel alloys,
wind resistance of glass, etc

a thinker would do well to become familiar with the components of ideas

+ ideas are made of language like outhouses are made of bricks

+ all our problems stem from a single misconception that has been with us since the beginning

~ what is thinking... making up stories

a useful skill...

private mediation in personal relationships in an absence of civil law settling disputes for good and all

first meet with the parties independently

record their story

ask them if they want to settle the issue and move on with their lives

341.23

130630@2030

OCD

Obsessive Concentrative Disposition

perfectionists have it

people who are good at detail work

how fuckin' boring would life be without an obsession

341.24

130701@2211

- + after emerging from the trance, you become aware of many dysfunctional patterns in your thinking... too many to be dealt with singly
- + rather than dealing with them one-at-a-time, it's more efficiency to go to the linguistic roots of these patterns and eliminate them at the source

341.25

130702@2201

puppy has an itch
hind leg starts moving
puppy doesn't know where the itch is
it tries various place
eventually landing behind an ear
it's still learning about its body

babies could be raised like puppies
in groups of 16
the babies are always together 24/7 for the first two years
families live communally for 16 years
until the child becomes a citizen

341.28

130705@2336

imaginary landscapes on facebook

341.30

130707@1939

342.1

130708@1914

printhead shots.com

714-5377-546

search yelp

oc high quality photo printing

342.3

130710@2024

child-rearing in Earth

a proposal for a new family structure

it needs a really cool name

+ 16 mothers and their kids live together for 12-16 years... until the kids
become citizens or leave for australia

> raise'em like puppies

+ all the resources of the hive are available to the family

politically/functionally Earth is composed of city-states (hives)

each hive makes its own rules

a federation of hives

the hives have a similar relationship with federal gov as individuals
have with the hive

rights come with obligations

what obligations do the hives owe the federal gov

what rights do the hives have

Feds have a responsibility to maintain the net, aspects of education of
new citizens, children,

342.4

130711@2239

342.6

130713@2045

the story

more import than the *truth* of an explanatory story is the consequences
of acting on the story *as if it were true*

342.7
130714@2050

342.11
130718@2116

+ i'm not interested in hearing about what you don't like

342.13
130720@2208

342.16
130723@1959

342.17
130724@1920

342.18
130725@2029

+ we might very well be facing a discontinuity... a decision point at
which we will create a new, enlightened planet... or we will be gone

342.20
130727@2128

cat's cradle technician

342.21

130728@2318

+ bob is playing within the confines of a universe of 6 distinctions
churning out every possibility inherent in a universe of 6

single cell : multicellular organism : Earth

342.24

130731@2242

+ children belong to Earth, not parents
+ parents are vessels for creating new Earthlings
+ only 20 people die per year
+ that group of 20 will be raised together... class of '67

~ by the city or by the planet

+ it depends upon how high the death is

342.25

130801@2000

+ for a unified Earth, it's essential that every citizen share the **same**
story
+ of course, nobody believes it is **THE TRUTH**
+ it's just a story that can be used when we want to collaborate
+ the story can be modified if desired

gendo curriculum

get rid of tv

AY 20 minutes twice per day
death breath
experiment with breathing
how long can you go before **needing** to take a breath

meet with sensei once per week \$2/minute

submit written questions/topics before talking

objective of *therapy*...

break identification with the voice

get clear about a distinction between your *experience* and your *story*

~ why do you compare yourself to adyashanti

~ why not to some 4-year-old Somali girl who died from diarrhea and war

342.26

130802@0837

As I tucked Billy into bed, he said, "Daddy, check under my bed for monsters." So, for his amusement, I looked, and I saw Billy... another Billy, under the bed, staring back at me quivering and whispering, "Daddy, there's somebody on my bed."

I begin tucking him into bed and he tells me, "Daddy check for monsters under my bed." I look underneath for his amusement and see him, another him, under the bed, staring back at me quivering and whispering, "Daddy there's somebody on my bed."

342.27

130803@1926

what are you talking about

uod-y-t9k-n-bauT

342.28
130804@2155

343.5
130810@2257

343.8
130813@1943

343.12
130817@2051
gendo procedures

questions
~ what do you want to accomplish
~ what do you want to change

343.14
130819@2005

education
give kids a sort of *starter reality*
teach them that it's their responsibility to create their *reality*
they need to realize the impact of language on thinking/evaluation

343.15
130820@2301

gendo method

1. notice that you are not happy
2. listen carefully to your language machine
3. determine the story going on

4. explore the 5 stupidities
5. mantra... if necessary

343.16
130821@2030

343.19
130824@2236

perils of talking to fill a silence

uses for talking

entertainment

poetry

singing

education

sharing intimacy

cocktail party

working on projects together

filling a silence

343.21
130826@2141

343.23
130828@0843

new wifi ***matrix2***
new password ***7146709143***

tw phone number
714-583-8733

changing dns
pair.com
log in
manage your domain names
click on gendo.net in blue
on right - manage custom dns records
delete old dns
add new custom dns record

port forwarding on ubee user user
add Mac address to ubee router
dlink router mac address 14:D6:4D:2B:17:FD

343.26
130831@2120

chances are... you are a brain damage language monkey
language affects every aspect of human life

whatever arenas of your life you think could be better (personal
relationships, attitude, business, finances, education, child-raising,
health, spirituality, peace of mind, etc.) cleaning up your language
(stories) will help

eliminating several ancient problems inherent in our language can lead
to a dramatic reformulation of your story

this is not guaranteed to work for everyone

this requires your active participation
there is nothing we are going to do to do

you must do it to yourself
you have to be motivated enough to do the work

central concept
your story is not the way it really is
the map is not the territory

if this doesn't solve your dissatisfaction sufficiently, you might consider
drug therapy
there is a wide range of chemical imbalances that can have a profound
effect on our thinking

every situation/experience/ i encounter/

344.3
130907@2149

what is gendo

mastering the language machine

purpose of gendo

wake up to not knowing who/what you are
and learn to be comfortable with not knowing

being liberated by not having to know everything (whatever that might
mean)

method of conducting online seminars

teacher can see all the students
students see the chat window

344.4
130908@2357

in studying gendo, a student gains experience in observing its own
language machine functioning so as to be in a position to reprogram
it if it so chooses
eliminating unnecessary ambiguities, 5 stupidities

important words
brain-damaged language monkey
language machine

344.6
130910@2313

gendo technique
set random alarms
when they go off, note what words are occurring in your language
machine

gendo practice
> spend a lot of time with eyes closed
> when *thinking* about abstract ideas, don't flood your nervous system
with visual information that doesn't relate to what you're thinking
about
> same for hearing

thinking
> repeat key words as mantras (priming the pump)

- goffman
 - language
 - face-to-face
 - ritual
 - communication
- > then see what your language machine comes up with
- > listen carefully to what it has to say
- + it might be brilliant
- + it might be pathetic
- > whatever it is, take note of it

344.8
130912@2358

spiders

it's one thing to understand that a spider isn't dangerous to me in any way.

it's another thing entirely to not be creeped out by them... of actually liking them and enjoying their company

it's one thing to understand that there is no such "thing" as reality... that it's just a story we made up

it's another thing to **get it**

on hot summer nights, i leave my door open, and insects are attracted to my reading light.

i've come to see them as my quick little friends

344.11
130915@2348

evolution involves integration at higher levels
 from cells to multicellular
 from human to Earthling

Earthlings unite

gendo is for seeking out and eliminating stupidities in a client's
language machine

gendo
students must build a structural differential

344.14
130918@2210

+ language is, for us, unavoidable

344.15
130919@1951

+ installed iOS7

gendo
four days a week, sit quietly twice a day for 20 minutes
journal
art of awareness

the the course
exhaustively explore problems of the

344.20
130924@2024

- + the voice has been around forever
- + our existence happens in the domain of language
- + "i" doesn't show up until the language function is sufficiently developed

~ should i interview Dave about assburgers' syndrome

- + if you don't know your reason for being, you can kill yourself in despair
- + or... you can try to find/create one

- + i drifted during my zen years
- + korzybski put me on a course
- + that course has been run
- ~ now what

- + the insight work has been accomplished
- + now we begin the real work

living with a map that is adequate to emerging world situations

kinds of jobs/trades/skills/fields/etc. in r7

physical strength and agility
organizational ability
emergency response teams

344.21
130925@2101

> ask dave roel about meditation type for gendo

> maybe interview him about ass burgers

344.22

130926@2325

establishing your own identity in a society that prefers to assign identities

> develop a seminar on it... step by step

+ ***observing your language machine changes it***

344.28

131002@2203

THE free talk

an evening (7-10 p.m.)

purpose

sell the 3-month gendo course

345.01

131004@0002

the the seminar workshop etc. (3 hrs)

@2216

gendo is about...

345.02

131005@1939

goffman

what might otherwise be protected by tact can delineate the target of abuse. As if on the assumption that other's every move is to be taken as something requiring remedial correction (lest one be seen as lax in the exaction of justice to oneself), assertions can be followed by direct denials, questions by questioning the questioner, accusations by counter-accusations, disparagement by insults in kind, threats by taunting their realization, and other inversions of mutual consideration. Here adjacency pairing and the normative sequence of remedy, relief, appreciation, and minimization continue to provide a scaffold of expectations, but now employed as a means for rejecting blame, according it without license, and generally giving offense. Neatly bounded interchanges are produced, well formed to prevent at least one of the participants from establishing a tenable position.

when you need to do some serious thinking/evaluating

do gendo

go into gendo mode

~ what is an optimum percentage of waking time to be *productive*

~ what is an optimum percentage of waking time to be in gendo mode

345.03

131006@1958

345.04

131007@2220

345.05
131008@1907

+ the purpose of the gendo monastery is to teach every child in Earth
some ways to think about stuff

345.07
131010@1831

amc 306 n. state college blvd
wax-house bogo house 230 w. warner, unit 105
weed maps.com

kmo

Fernando said he thought that when McKenna said that reality is made
of language/words, he meant on some deep esoteric level

i disagree

reality is an idea... a story... made of words... literally

i loved the idea of magic on the podcast

how many hours/week do you work on c-realm and other revenue
streams

name change

what one thing

breaking the identity with the language machine

345.09
131012@1643

enlightened business summit

sharla jacobs

5 elements of heart sales

fire - connecting

earth - service

metal - acknowledging

water - curiosity

wood - give potential client a clear choice

8 keys to attracting clients without struggle

specific vision

clean up inner story

allow people to talk themselves into signing up

talk effectively

money - how much to charge

?

get leverage - deal with more than 1-on-1 (groups)

become a big-deal speaker

commitment to the vision

i want to partner with someone to *front* gendo

he or she'll be the nice guy

i'll be politically incorrect

+ it's not easy to talk about the language machine

- + if you observe the functioning of your language machine, you will notice that the words just emerge out of silence
- + you don't have to DO anything
- + you don't even know what they will be until you hear them
- + the words just come to you
- ~ how did we get the idea that it is something we are doing

345.11
131014@2013

- + gendo is a community of people interested in better understanding relationships between language and all other aspects of experience
- + gendo is dedicated to assisting people to become more effective agents of evolution by making their language more precise and powerful

345.12
131015@2338

language is how we make maps of our experience

the voice is not your doing
it happens to you

345.13
131016@1703

check out
internal family systems therapy

345.14

131017@1956

345.15

131018@2118

you don't *study* gendo

you *practice* gendo

while you're in training you will

- do homework
- meditate

+ now i'm gonna think about gendo as a successful enterprise in the world from 2015 to 2050

345.18

131021@2139

5 foundations of morality

1. harm/care
2. fairness/reciprocity
3. in-group/loyalty
4. authority/respect
5. purity/sanctity

+ i gotta start teaching so i can find the people to build the monastery

345.19
131022@1650

gendo is about people

everything is about people

building a community of people who can trust and respect each other

a group of people you can rely on to do what they say they will do

~ how do we build that trust

~ initiation rites of passage

gendo monastery marriage contract

- no sex in the family

-

gendo basic ideas to teach

voice in head is a machine

it's not you doing it

the

eliminate belief in the concept of *objective reality*

start recovery

option key

recovery

reinstall osx

345.20
131023@2013

a big part of marketing gendo is... you can relax
nobody knows what's going on

wax-house, bogo-house

warner

~ how do you create a new world
> create new people

...people who are not entranced by language

345.22
131025@1911

345.23
131026@1921

fundamental error in thinking

mistaking a way of thinking about something
with

THE WAY IT REALLY REALLY IS

all we have are ways of thinking about stuff

THE WAY IT IS is only an idea

fundamental aspects of gendo

punctuated equilibrium

meditation

map is not territory

voice in the head (vith)

language machine

then... who am i ?

? to what does the word "i" refer

345.28

131031@0005

gratitudinous attitude in us

- + every aspect of your life is affected by language
- + unconscious assumptions riddle your thought
- + in gendo you will learn how to uncover your unconscious assumptions and reprogram your language machine with more interesting, productive, fun stories

+ in gendo consultation, clients do the above with the assistance of a monk

346.01
131103@1948

children should understand that language is something to be monitored and responsible for... but NOT who/what you are

start a media campaign against the unconscious use of "the"

the THE project

it's not THE TRUTH

it's just a way of thinking about experience, organizing experience, making sense of it

346.03
131105@1749

346.04
131106@2126

346.08
131110@2303

346.10
131112@2005

346.11
131113@1751

346.12
131114@1405

2235

> organize scouting parties in search of intelligence

346.16
131118@2027

- + gendo should be part of every Earthling's education
 - structural differential
 - 5 stupidities
 - provide materials and support for teachers of children
 - create a teamspeak server for teachers

346.17
131119@2013

iBooks woes

won't keep all books instead of selected books

iTunes says 89 free no books

ipad says 63

still phantom ibooks... fewer

phantom dialog window... won't go away but isn't on top
Copy Job

AppleScript icon --- Application isn't running

OK

346.18

131120@2104

what we want

a unified Earth without war/crime/hunger/homelessness

a federation of city-states (each obligated by a treaty of city-states)

self-sustaining except for various rare earth metals, etc.

if gendo is successful it will fade away... disappear into the curriculum

346.19

131121@1513

346.20

131122@1441

346.22

131124@1755

2011

one-on-one

in gendo, it might take a few weeks to break everything down to a place
we can start from

first phase is not pleasant

it involves frustration, confusion, etc

don't forget meditation

enforce e'

taking a hard look at your story... perhaps rewriting some of it

"unpacking" is an important idea

an idea that we mean more than we actually say

unpacking involves concretizing reifications

using intellect to transcend intellect

audio out skype & ts3

phantom dialog boxes

quitting apps takes longer

finder unresponsive

internet irregular

346.23

131125@2014

podcast strategy

prescreen calls

but once a session, heron picks one at random
maybe begin each session with random
gendo i ching

346.26
131128@1437

cable guy

access to modem

john
mini is slow too
ethernet?

defining Earthlings by linguistic and epistemological proclivities rather
than who they can impregnate...
not that biology/genetics/etc. isn't important
but, we're past that now
how we think/act is more important than who we fuck

how would a planet full of awake Earthlings manage itself
how can we use technology to free ourselves from the struggle for
survival, so that we can engage more interesting challenges like
creating a new world... physically, mentally, artistically, etc.
paradise is not impossible

here's the game

they drop you off in a universe somewhere
and the game is to find your way home

time warner

tier 3 support advanced customer care

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case number 16356828

346.28
131130@2028

~ is there something inherently sexual about ANYTHING a monkey
does

346.30
131202@1809

347.01
131203@2333

347.02
131204@1710

347.03
131205@1834

347.04
131206@0940

did you create it
how long have you been working on it
what is its purpose

no **then**
u in human too
x
diphthongs for a and i
j = Dj
ch = T8
w = u
q = ku
19=2=34

347.05
131207@2152

doing gendo
20 minutes... twice a day
sit half lotus (if you can)
observe your language machine
like clouds drifting by
observe them
don't get caught up in them
if you do get caught up...
just stop and start over

if you get a really good idea, of course you can stop doing gendo and
actually think about the idea
then return to gendo

if you get an insight write it in your journal (ipad)
it could be a paper journal
you must have it with you at all times
you never know when an insight will emerge

reddit.com

tumblr.com

347.06
131208@1837

write to Jane Goodall

the future of earth rests in a population of Earthlings who are not
entranced by the story in their language machines

the truth of a story is only one of several factors useful in evaluation

the behaviors that flow from acting on those stories is perhaps even
more important

no story can ever be THE TRUTH

at best, we have serviceable maps what work in some domains/
situations

347.12
131214@2007

heartbeat meditation for gendo

347.16

131218@2251

the age of nation-states is ending

there never could be a truly global revolution until now
now... it's inevitable

Earth is emerging

the old "elites" who ran the world for centuries are losing control

democracy changed everything
more than they knew

the problem is...

now that the masses are empowered, the masses are mostly a bunch of uneducated,
unconscious, brain-damaged language monkeys
that's you and me brother
all of us are brain-damaged language monkeys

if we are to participate in an emergence of a new world, we need to prepare ourselves
individually to become worthy citizens of Earth

we could start paying attention to language out of which we construct our thinking

like an athlete is in training for a triathlon, Earthlings are in training for competent,
creative citizenship

it's gotta come from the bottom up... not top down
from the streets... not academe

normal people doing extraordinary things
learning to think creatively, precisely,

people inspired to become the best imagineers they can be

347.17

131219@1800

347.18
131220@2318

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